

2018-19 YEARBOOK

TASMANIAN INSTITUTE OF SPORT



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Sporting Hall of Fame

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MINISTER'S FOREWORD



HON JANE HOWLETT MP

I congratulate our Tasmanian athletes on another incredible year for Tasmanian sport. It's an honour to watch our athletes compete against the world's best and to celebrate their success when they emerge as world champions.

The contribution of the Tasmanian Institute of Sport in supporting our athletes' development is critical and I would like to thank the dedicated staff for their ongoing passion, professionalism and high quality services as they help Tasmanian athletes achieve their sporting dreams.

Our TIS athletes are excellent ambassadors for our State and they set a great example of the good health, courage and perseverance that inspires all Tasmanians.

In the coming year I look forward to following our athletes as they continue to showcase Tasmania's sporting talent and strive for selection into the Australian team for the 2020 Tokyo Olympic and Paralympic Games.

A stylized, handwritten signature in black ink, likely belonging to Jane Howlett.

Hon Jane Howlett MP
Minister for Sport and Recreation

DIRECTOR'S REPORT



PAUL AUSTEN

I would like to congratulate all the athletes for another excellent year of results that clearly demonstrate the commitment and hard work each athlete puts into competing at their best.

Tasmanian Institute of Sport (TIS) athletes consistently competed across the globe, with 20 athletes achieving top eight or better results at their benchmark international sporting events in 2018-19.

In total there were 38 top eight or better results achieved by these athletes, which included 11 gold medals, eight silver medals, 11 bronze medals and eight 4th to 8th placings across the sports of Athletics, Canoe Slalom, Cycling, Hockey, Rowing, Sailing, Swimming, Triathlon and Weightlifting.

During the year there were 66 national team selections achieved by TIS athletes and nine TIS coaches and specialist staff contributed to the performance of national teams through attendance at international events.

Following an outstanding season, TIS Triathlon champion Jake Birtwhistle was awarded the Seven Tasmania 2018 Tasmanian Athlete of the Year.

I would especially acknowledge and thank all TIS staff for their ongoing commitment and diligent work that helps our talented Tasmanian athletes realise their sporting goals.

Thank you also, to all the specialist consultants within the TIS sports medicine network who have so ably helped us again this year with their expertise in delivering high-quality services to the TIS athletes.

The TIS receives considerable support from the Tasmanian Government, without which it could not establish and operate programs and services to progress athletes' development.

A special mention and sincere thanks go to our outstanding and highly-valued partner Motors Tasmania, which continues to provide two vehicles for TIS use which allows us to provide more support to our programs.

The TIS enjoys strong partnerships with all of the members of the National Institute Network, Sport Australia, the Australian Olympic Committee and the Australian Commonwealth Games Association, as part of the national high performance sports network.

In the coming year, our focus will be firmly placed on providing quality support to all the athletes striving to make selection to compete in the 2020 Olympic Games in Tokyo.

A handwritten signature in black ink, reading 'Paul Austen'.

Paul Austen

Director

WHAT WE DO

PURPOSE

To provide leadership and quality high performance services to Tasmania's talented athletes and coaches.

BACKGROUND

The Tasmanian Institute of Sport was established in 1985 by the Tasmanian Government to assist Tasmania's talented athletes achieve excellence in sport. We currently operate from two bases – the Silverdome Complex in Prospect, Launceston and the Technopark at Dowsing Point, Hobart.

SPORTS PROGRAMS

The TIS offers scholarships to talented Tasmanian athletes in a range of sports which fit into the following sports programs – National Training Centre (NTC) programs, Elite Development Programs (EDP), Talent Development (TD) and individual scholarship programs.

SPORTS PERFORMANCE UNIT

The Sports Performance Unit of the TIS comprises human performance laboratories and strength and conditioning facilities, providing services in sports physiology, video analysis, talent identification and development.

ATHLETE WELLBEING & ENGAGEMENT

The Athlete Wellbeing & Engagement program works with scholarship holders to help manage and guide their sporting commitments and work/schooling demands to sustain a healthy wellbeing and training outlook. The program focuses on engagement, mental health, career and education, personal development, and conduct and professionalism. This ensures athletes show commitment, dedication and professionalism when they engage in the community, not just in their sporting endeavours.

COACH DEVELOPMENT

The TIS provides opportunities to coaches both within and outside of the organisation to assist with their personal and professional development. The TIS runs an internal coaching group to offer professional development and offered a Women in Sport Coaching Scholarship to external coaches.

FUNDING

Funding for the TIS predominately comes from the Tasmanian Government. Additional funding is received from national sporting organisations that partner our sports programs through the funding they receive from the Australian Government.

The institute received valuable support from Motors Tasmania through the provision of vehicles. Television broadcaster Seven Tasmania provides 'in-kind' support for the Tasmanian Athlete of the Year Award.

ORGANISATIONAL STRUCTURE

The TIS is a Business Unit of the Communities, Sport and Recreation division within the Department of Communities Tasmania.

BUSINESS AND ADMINISTRATION

STAFF

Paul Austen	Director
Geoff Masters	Business and Relationship Manager
Sam Lockett	Executive Assistant
Shelly Wesley	Administrative Assistant
Lyn Jackson	Project Support Officer
Ellie Poynton	Project Support Officer
Mark Dixon	Senior Support Officer (IT)

EVENTS

TASMANIAN ATHLETE OF THE YEAR

The Seven Tasmania Tasmanian Athlete of the Year Award cocktail function was held at Blundstone Arena in Hobart in November 2018.

The function acknowledged seven finalists who were recognised for their performances at international level, contribution to their sport and their contribution to the Tasmanian sporting community. The finalists for 2018 were;

- Jake Birtwhistle (triathlon)
- Amy Cure (cycling)
- Jeremy Edwards (hockey)
- Sarah Hawe (rowing)
- Eddie Ockenden (hockey)
- Ariarne Titmus (swimming)
- Rebecca Van Asch (lawn bowls).

Jake Birtwhistle was named as the 2018 Tasmanian Athlete of the Year, following a successful season in the World Triathlon Series.

TASMANIAN SPORTING HALL OF FAME

The Tasmanian Sporting Hall of Fame was again run in conjunction with the Tasmanian Athlete of the Year. The Sporting Hall of Fame honours outstanding Tasmanian sportspeople who have represented their State and nation with distinction and ensures their achievements receive the recognition they deserve. The two inductees for 2018 were Donna MacFarlane (athletics) and Michael Roach (AFL).

The combined function was attended by staff, athletes, family members and key stakeholders from Tasmania's sporting community.

2019 SCHOLARSHIP ANNOUNCEMENTS

Scholarship holders for 2019 were announced at a breakfast function at Wrest Point in December 2018. The breakfast was well attended by athletes and their families as well as the sporting community and valued supporters. This function gave new athletes, and those continuing, the opportunity to be recognised for receiving a scholarship for the coming year.

For the first time the breakfast was hosted by TIS Scholarship athletes. MC Eve Mure (rowing) was joined by Jock Calvert (sailing) for the official welcome and Kate Eckhardt (canoe) for the athlete acknowledgment.

COMMUNICATIONS

PUBLICATIONS

The TIS Bulletin is produced monthly and distributed electronically. The Bulletin provides information to a wide sector of the community on the activities of the institute and achievements of its athletes.

WEBSITE

The TIS website is a valuable resource for both athletes and the public. It is kept updated by TIS staff. Valuable IT support for the institute is provided by Senior Support Officer (IT), Mark Dixon.

SOCIAL MEDIA

The TIS continues to use Facebook, Twitter and Instagram accounts to connect with a wide audience and provide instant updates on the progress of our athletes.

PUBLIC RELATIONS

The TIS uses the services of public relations consultants Corporate Communications (Tas) Pty Ltd to maximise the reach of the TIS and communicate effectively on a large scale with all forms of media. We would particularly like to acknowledge the role of Executive Chairman, Nicolas Turner in providing excellent services and advice in this area.

DATABASE

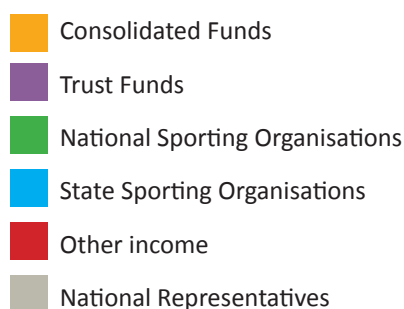
The TISLink database continues to manage athlete information and sports science data with athletes able to directly access the database online and via a mobile phone app. IT Senior Support Officer Mark Dixon and Business and Relationship Manager Geoff Masters continue to work on the development of new uses aimed at benefiting both staff and athletes.

UNIFORMS

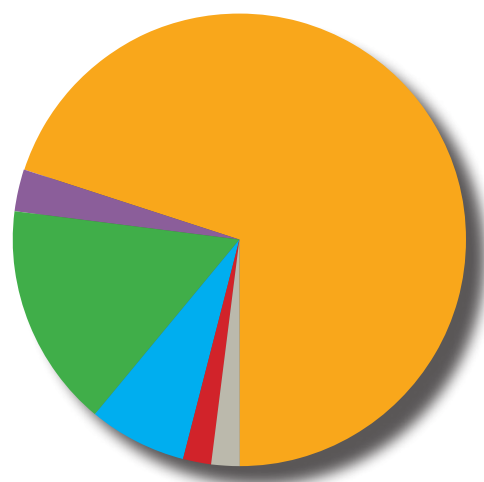
The TIS enjoys ongoing support from 2XU for training and competition uniform requirements.

FINANCIAL MANAGEMENT

TIS FUNDING ALL SOURCES 2018-19



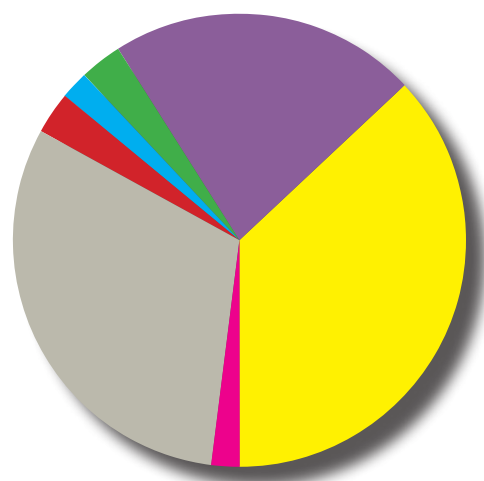
Consolidated Funds	\$2,614,580.00
Trust Funds	\$5,682.00
National Sporting Organisations	\$354,607.00
State Sporting Organisations	\$75,120.00
Other Income	\$15,000.00
National Representatives	\$15,000.00
Total Funds	\$3,079,989.00



TIS ALLOCATIONS 2018-19



Sports Programs & Scholarships	\$1,164,359.00
Sports Performance Unit	\$753,805.00
Sports Medicine Consultancies	\$51,000.00
Coaching Development	\$26,000.00
Personal Excellence	\$55,000.00
Operations	\$1,009,143.00
National Representatives Fund	\$20,682.00
Total Allocations	\$3,079,989.00



CORPORATE PARTNERSHIPS

The Tasmanian Institute of Sport would like to thank the following partners:

PRINCIPAL PARTNER



STRATEGIC PARTNERS



MAJOR CORPORATE PARTNER



CORPORATE PARTNERS



PROGRAM PARTNERS



SPORTS PERFORMANCE UNIT

The Sports Performance Unit (SPU) conducts a wide range of tests on scholarship holders and provides information to coaches and athletes regarding training, recovery and performance.

STAFF

John Gregory	Senior Scientist
Pete Culhane	Senior Strength and Conditioning Coach
Ben Scarlett	Sports Performance Officer
Alanna Martin	Sports Performance Officer – Talent ID
Mitch Bootes	Strength and Conditioning Coach
Annabelle Anderson	Strength and Conditioning Coach
Gemma Whelan	Sports Performance Officer (to December 2018)
Jake Cowin	Sports Performance Officer (commenced May 2019)



SPORTS SCIENCE

MAJOR ACTIVITIES

- Extensive testing sessions completed (anthropometry, field and lab testing).
- Provided over 170 athlete support services for nutrition and sport psychology.
- Provision of over 150 athletes support services in massage.
- Conducted 66 medical screenings and 80 physio screenings.
- Conducted annual injury management report.
- Hosted two UTAS student placements.
- Extensive usage of our Athlete Management System - TISLink.
- Sports science support and fee for service testing for AFL Tasmania and Netball Tasmania.
- Assistance at key sport selection events, including rowing, hockey and athletics.
- Presentation of TIS research at National Physiology Conference.
- Representation at the Movement Science Conference.
- Staff attendance at the u21 Trans-Tasman Cup.
- Completed annual audit and education for athlete's supplement usage.
- Completed annual external quality control of equipment, labs and protocols.
- Completed full staff accreditation with Exercise Sports Science Australia (ESSA).
- Further assessment of rowing performance with GPS and on-water biomechanics systems.
- Local, national and international course reconnaissance and power monitoring with cycling.
- Ongoing lab and field-testing of athletes.
- Video coding of matches and competition.
- Video capture of cycling and rowing with drone technology.
- Active management of massage, recovery, sports nutrition and sports psychology services.
- Ongoing daily monitoring of athletes within training environment.
- Provision of weekly and fortnightly daily monitoring reports to TIS and netball squads.
- Major Talent Identification events including; The All Schools Novice Championships, rowing national TID week and canoe slalom come-and-try.
- Successful talent transfer of two athletes.

PROJECTS AND RESEARCH

- Successful deployment of sport GPS devices and software.
- Consolidation of recovery centres in Hobart and Launceston.
- Heat acclimation for cycling, athletics and rowing at UTAS.
- Comparison between ergometer and on-track cycling performance measures.
- Altitude training and testing successfully undertaken.
- Integration of SPU with sports via sport meetings and usage of TISLink.
- Systematic improvement of injury management.
- Full integration of the Smartspeed timing lights into TISLink.
- Comparison of the Apple watch to TISLink Daily Monitoring and other activity tracking devices.
- The effect of red-light therapy on 4 minute performance.
- New protocol for setting up time trial bike positions.
- Repeat sprint hypoxic training.
- Sleep high live low (altitude tent) with key athletes.

SPORTS MEDICINE NETWORK

We thank Dr Ian Beltz – our Sports Medicine Coordinator – and Dr Steve Reid, Kellie Wilkie and all the Sports Medicine Network practitioners who continue to support the TIS. Our network delivers quality sports medicine, sports psychology, sports nutrition, sports podiatry and physiotherapy services to TIS athletes. We continue to achieve good uptake and usage of our TISLink database with network members.

OTHER ACKNOWLEDGEMENTS

We thank the University of Tasmania for our continued relationship across the sports sciences.



STRENGTH AND CONDITIONING

MAJOR ACTIVITIES

- There were over 2,800 athlete visits across the three strength and conditioning (S&C) training venues in Launceston, Hobart and Devonport as well as other parts of the world including Asia, Europe and USA during the reporting period.
- Completed more than 300 dual force plate tests on athletes, as well as over 100 movement screening testing sessions involving both Functional Movement Screening and Y-Balance testing.
- With the purchase of the second set of Force Decks dual force plates we have continued the integration of the use of the force platforms into the daily testing and training environment of the TIS athletes. There has been more than 300 tests for the year in the three main strength training zones around the State. The force plates have assisted in the continuous monitoring of performance changes, as well as assessing the rehabilitation/injury prevention interventions.
- Attended numerous sports training environments to see how the athletes and coaches train which enables a greater understanding of the demands and challenges an athlete and coach face within their sports context. This has included sessions at skate parks, rowing courses, archery ranges, velodromes, road racing circuits, white water paddling courses and sailing venues.
- Attendance at three major S&C conferences:
 - 2018 National Institute Network Strength and Conditioning Workshop;
 - 2018 Australian Strength and Conditioning International Conference on Applied Strength and Conditioning;
 - 2018 International Conference of Strength Training.
- Continued engagement in regular in-house professional development sessions in areas including; a series on the assessment and interpretation of data derived from dual force plate asymmetry assessment, the emerging use of blood flow restriction training for both performance and rehabilitation practices and a review of the three major S&C conferences attended.
- In addition to the in-house professional development, TIS S&C coaches have been able to spend time at several other state institutes and academies as well as professional sporting clubs to stay at the forefront of best practices. Organisations visited include the Queensland Academy of Sport, Victorian Institute of Sport, New South Wales Institute of Sport, Australian Institute of Sport, Brisbane Lions AFL Club, as well as S&C coaches embedding into Rowing Australia's National Women's Training Centre in Sydney, Hockey Australia's National Training Centre in Perth and the Australian Canoe / Kayak base in Penrith.

SPORTS PERFORMANCE UNIT (CONT.)



- Actively involved in developing Tasmania's S&C coaches by continuing to present at the Australian Strength and Conditioning Association Level 1 courses and mentoring several local and visiting S&C coaches.
- In January Senior S&C Coach Pete Culhane took on the role of National Sports Science and Sports Medicine (SSSM) Network Lead for the discipline of S&C with the AIS, moving into a part-time role at the TIS. This role is designed to support connections and build system capabilities in national sporting organisations and national institute networks – particularly Sports Science and Sports Medicine providers through an inter-disciplinary approach.
- Current PhD scholar Jake Cowin also commenced full-time employment at the TIS in a split role, with his time shared between Sports Science and S&C.

PROJECTS AND RESEARCH

- Continued development of the PhD project of Jake Cowin who is researching the area of dual force plate diagnostics in the assessment of asymmetries in athletes.
- Pete Culhane continues to develop research ideas into the force production profiles of athletes within different sports via either dynamic or static force production methods.
- Mitch Bootes has been focusing on the relationship between dynamic gym assessments and fatigue/ reactive training periodisation, and utilising HR intensity to program netball cross-training.
- Annabelle Anderson is continuing an interest in researching ways we can identify the athletic hip and ways we can identify, manage and rehabilitate athletes with hip injuries.

OTHER ACKNOWLEDGEMENTS

The TIS S&C area services athletes across the state and uses the services of S&C consultants to assist with coaching outside of our Launceston and Hobart facilities. This includes most notably Chris Bellette at Move Strong Gym in Devonport who continues to provide a great training environment for our North-West athletes.

The TIS also works closely with the University of Tasmania's School of Health Sciences where both organisations support the development of Sports and Exercise Science students, with particular emphasis on the area of developing strength and conditioning coaches and practical sports and exercise scientists. We acknowledge Dr James Fell and Dr Cecilia Kitic who have both now left the university and Nathan Pitchford for their ongoing assistance to the staff, athletes and coaches of the TIS.

ATHLETE WELLBEING & ENGAGEMENT



The National Athlete, Wellbeing & Engagement (AW&E) Network consists of providers based in SIS/SAS organisations and NSO environments.

This multi-faceted approach provides athletes with guidance, resources and educational opportunities to achieve personal and professional empowerment.

As of July 2018, the AIS commenced operating under a new structure and strategic direction to lead and enable a collaborative high performance system. AW&E has replaced what was Personal Excellence.

AW&E's purpose is to lead and support Australia's sporting industry to understand that a successful high performance culture means athletes finding the right balance in their lives. This balance is between wellbeing and engagement activities outside of training and competition; and the requirements of elite sport.

This is driven through five work streams:

- Mental health
- Conduct and professionalism
- Personal Development
- Career and Education
- Engagement

MAJOR PROGRAM INITIATIVES

- Individualised services designed to assist athletes create a unique environment for success. Assisting with education, study requests and achieving a holistic training and life balance.
- Over 299 athlete contacts occurred during this reporting period which focussed on dual career, athlete progression, sport life balance and group presentations.
- The Elite Athlete Day was held in October 2018 with more than 60 athletes attending and consisted of sessions on a variety of athlete experiences, with presentations on building your brand through stories and social media and the importance of positive mental health in sport. Guest speaker Mark Knowles presented on how 'Leadership isn't easy in high performance sport'.
- Athlete performance psychology, nutritional workshops and elite athlete counselling support was provided throughout the year.
- Ongoing support from the Elite Athlete Friendly University program and UTAS Elite Athlete Program for athletes who combine their academic and sporting commitment.
- Continued TIS/UTAS HECS scholarship agreements.
- Athlete attendance within schools and presentations at sport development camps.
- Continued liaison with TIS athlete education providers.
- Welcome packs for athletes.
- Staff attendance at AIS Performance Psychology conference and AW&E Summit.
- Career Industry Council of Australia membership maintained for 2018-2019.
- TIS Supplement Survey conducted in January/February 2018 with 69 athletes completing the survey.

OTHER

The TIS maintains a strong partnership with the national AIS AW&E program and UTAS, through the Elite Athlete Friendly University program.

COACH DEVELOPMENT

MAJOR PROGRAM INITIATIVES

WOMEN IN SPORT COACHING SCHOLARSHIP

The inaugural Women in Sport Coaching Scholarship was launched in March 2018. The scholarship is a partnership between Womensport and Recreation Tasmania Inc. and the TIS.

The scholarships will provide mentoring support, through quality coaching development opportunities for women in Tasmania, with the aim to increase the number and expertise of female coaches in the State.

The women will also receive support to develop their individual coaching capabilities and leadership, allowing them to gain valuable national experience whilst expanding their own knowledge and skills. The successful applicants for the scholarships were Janelle Smith (cycling) and Wenonah Sharman (athletics).

TIS COACHING GROUP

Throughout the year, TIS coaches met as a collective group to share information and attended workshops conducted by several guest speakers, including the following:

- Gaye Rutherford (Accredited Sports Dietitian) - 'Supplements and how to fuel for race day'.
- Senior Sergeant Rebecca Davis (Tasmania Police) - 'Conflict Management'.
- Mark Spargo (Performance Psychologist) - 'Building a competitive mindset'.
- Matt Schmidt (Lecturer in Biomechanics - University of Tasmania) - 'Implementation of biomechanics for injury rehabilitation'.
- James Rigall (Bitlink) - 'Virtual Reality and how to implement it in the coaching context'.

CONFERENCES AND EVENTS

Throughout the year several TIS coaches attended their respective national training centres to engage with national program staff, athletes and coaches and in the process, remain at the cutting edge of their sport in Australia.

Several TIS coaches supported national teams during the year, including:

- Matthew Gilmore, World Junior Track Cycling Championships – Australian Head Coach
- Andrew McDonald, FIH Pro-League Match v Germany – Kookaburras Assistant Coach
- Ilene Carr, FIH Pro-League Match v China and Germany – Hockeyroos Assistant Coach
- Brett Crow, Trans-Tasman Rowing Challenge – Australian u21 Head Coach
- Brendan Long, Trans-Tasman Rowing Challenge – Australian u21 Assistant Coach
- Susan Andrews, World University Games – Australian Athletics Distance Coach

Susan Andrews and Ilene Carr also attended the Australian Institute of Sport World Class to World Best Conference.

SPORTS PROGRAMS

Through support from the Tasmanian Government, the TIS provides scholarships to athletes selected to participate in TIS sports programs.

STAFF

Alisa Denne	Manager, Sports Programs
Kate McLaughlin	Sport Program Coordinator

NATIONAL TRAINING CENTRE PROGRAMS

In 2018-19 the TIS operated three National Training Centre programs in athletics, cycling, and hockey, and a State Pathway Program in rowing. High performance scholarships were provided to athletes selected to participate in these programs.

The National Training Centre programs and State Pathway Program are conducted in partnership with the national and state sporting organisations for the sports. The programs are coordinated by a TIS coach, with the TIS Manager, Sports Programs and Sport Program Coordinator.

ELITE DEVELOPMENT PROGRAMS

In the 2018-19 reporting period, the TIS supported the operation of Elite Development programs in the sports of canoe slalom, netball, sailing and swimming. High performance scholarships were provided to athletes selected to participate in canoe slalom and sailing.

Elite Development programs are conducted in partnership with the national and state sporting organisations for the sports and are coordinated by a coach or nominated staff member employed by the sport.

The netball program has an Elite Development Squad structure directed by Netball Tasmania and supported by the TIS and Netball Australia. The swimming program has a Tiered Development Program structure, with the State Flippers Squad directed by Swimming Australia, supported by the TIS and Swimming Tasmania.

TALENT DEVELOPMENT SQUAD PROGRAMS

In 2018-19, the TIS operated a Talent Development Squad program for hockey and an equivalent Talent Development Academy for cycling. The TIS also supported the operation of Athletics Tasmania's equivalent in the Target Talent Program (TTP).

Talent Development Squad programs provided selected developing athletes with expert coaching to assist them to develop along their sport's high performance pathway.

Selected Talent Development (hockey and cycling) and TTP athletes were provided Talent Development Scholarships to assist them to fast-track their progression to a TIS High Performance Scholarship.

The Rowing Pathway Program incorporates an equivalent Talent Squad, with selected athletes provided a Talent Development scholarship.

INDIVIDUAL ATHLETE PROGRAM

The TIS also provided support to selected Tasmanian athletes competing in sports for which the TIS does not operate a program.

The TIS supported eight individual athletes across the sports of archery, sailing, skateboarding, sprint canoe, swimming, triathlon, and weightlifting through this program in 2018-19. High Performance Scholarships were provided to those athletes.

ASSOCIATE ATHLETES

Athletes with TIS Associate Athlete status fall into two categories: 1) those competing professionally in a TIS supported sport who are based interstate or overseas and/or 2) those who previously held a TIS High Performance Scholarship, moved interstate to further their sporting opportunities and are subsequently supported by the interstate State Institute of Sport/State Academy of Sport.

There were four athletes across the sports of swimming, hockey and netball with Associate Athlete status in 2018-19. The TIS supports these athletes by offering access to negotiated performance services when in Tasmania and/or assistance to compete in Tasmania.

ATHLETICS



The Athletics program's main objectives align closely with Athletics Australia's national high performance program. They are targeted towards supporting Tasmania's high performance athletes and coaches to impact on international selection and medals in both senior and junior International Association of Athletics Federation (IAAF) sanctioned events. The program also supports Tasmania's Target Talent Program which is aimed at developing the future elite.

PROGRAM HIGHLIGHTS

- Stewart McSweyn, 4th – 3000m, 2018 Continental Cup, Ostrava.
- Jack Hale, 3rd – 100m, 2019 Oceania Championships, Townsville.
- Hamish Peacock, 4th – javelin, 2019 Oceania Championships, Townsville.
- Alexander McKillop, 1st – 100m & 200m, 2019 Arafura Games, Darwin.
- Sam Walker, 3rd – 100m, 2nd – 200m, 2019 Arafura Games, Darwin.
- Deon Kenzie, 1st – 1500m, 2019, Arafura Games, Darwin.

HIGH PERFORMANCE ATHLETES

Milly Clark (marathon)
 Jack Hale (100m, 4 x 100m)
 Deon Kenzie (800m, 1500m)
 Alexander McKillop (T36 100m)
 Stewart McSweyn (5k, 10k)
 Hamish Peacock (javelin)
 Sam Walker (T38 100m)

TALENT DEVELOPMENT ATHLETES

Raphaela Corney (pole vault)
 Sam Clifford (1500, 3k)
 Julia Direen (hammer)
 Rachel Hosie (hammer)
 Jacob Nolan (long jump)
 Will Robertson (walks)



STATE PERFORMANCE COORDINATOR/ ATHLETICS COACH

Susan Andrews

ATHLETE SERVICE PROVIDERS

Stewart Pither (Athlete Wellbeing & Engagement)

Ben Scarlett (Sports Science)

John Gregory (Sports Science)

Annabelle Anderson (Physical Preparation)

Pete Culhane (Physical Preparation)

Jacqueline Liffiton (Physical Preparation)

Matt Lancaster (Physiotherapy)

Kellie Wilkie (Physiotherapy)

Chrissy Tadros (Physiotherapy)

Dr Steve Reid (Sports Physician)

Dr David Humphries (Sports Physician)

Dr Jerome Muir Wilson (Sports Physician)

Gaye Rutherford (Nutrition)

Mark Spargo (Sport Psychology)

Lydia Black (Sport Psychology)

TRAINING VENUES

Domain Athletics Track, Hobart

St Leonards Complex, Launceston

Penguins Sports Complex, Penguin

PARTNERS

Athletics Australia

Athletics Tasmania

CYCLING



The TIS Cycling program has enjoyed a satisfying year with athletes performing to their potential at international and national competitions.

Georgia Baker and Amy Cure were crowned team's pursuit world champions after a brilliant come-from-behind victory to beat Great Britain in Poland. Two days later Georgia and Amy teamed up again to place second in the World Madison Championship. This was a very encouraging world championships for both Georgia and Amy with the Olympics in 2020.

The TIS hosted the senior men's national track endurance team in Tasmania in preparation for the 2019 World Track Championships in Poland. This was an excellent opportunity for TIS scholarship athletes to train alongside the current world record team and learn from the best. The men's team used all the TIS facilities including velodrome, gym and recovery facilities and it was also a great opportunity for TIS staff to be involved in the daily training.

Nicole Frain, Anya Louw and Catelyn Turner all represented Australia and competed in Belgium in June. This proved to be a very valuable racing block where the women learned to race in bigger bunches than they were used to. The opportunity certainly accelerated their skills and tactical development which they transferred successfully upon returning to racing in Australia.

The cycling program continues to work closely with sports science and strength and conditioning coaches to explore and refine the most contemporary training methodologies, which enable our athletes to have the best possible preparation towards their major objectives. This year we have undertaken projects into four minute testing protocols, aerodynamic testing, and monitoring of athlete training performance and load via Training Peaks and TISLink.

PROGRAM HIGHLIGHTS

- National team representatives (road and track, senior and junior) - Georgia Baker, Amy Cure, Nicole Frain, Anya Louw and Macey Stewart.
- Georgia Baker, Amy Cure, 1st – 2019 World Teams Pursuit Championship.
- Georgia Baker, Amy Cure, 2nd – 2019 World Madison Championship.
- Amy Cure, 1st – 2019 Australian Scratch Race Championship.
- Catelyn Turner, 3rd – 2019 Australian u19 Road Championship.
- Catelyn Turner, 2nd – 2019 Australian u19 Time Trial Championship.
- Josh Duffy, 3rd – 2019 Australian 1km Time Trial Championship.

HIGH PERFORMANCE ATHLETES

Georgia Baker
Scott Bowden
Amy Cure
Josh Duffy
Nicole Frain
Zack Gilmore
Ryan Lawson
Anya Louw
Lauren Perry
Macey Stewart
Catelyn Turner

TALENT DEVELOPMENT ATHLETES

Matthew Byrne
Sam Fox (MTB)

NTC HEAD CYCLING COACH

Matthew Gilmore

TIS CYCLING COACH

James Watson

ATHLETE SERVICE PROVIDERS

Stewart Pither (Athlete Wellbeing & Engagement)
Alanna Martin (Sports Science)
Pete Culhane (Physical Preparation)
Emma Harris (Sport Psychology)
Jaymeila Webb (Sport Nutrition)

TRAINING VENUES

Silverdome Complex track, Prospect

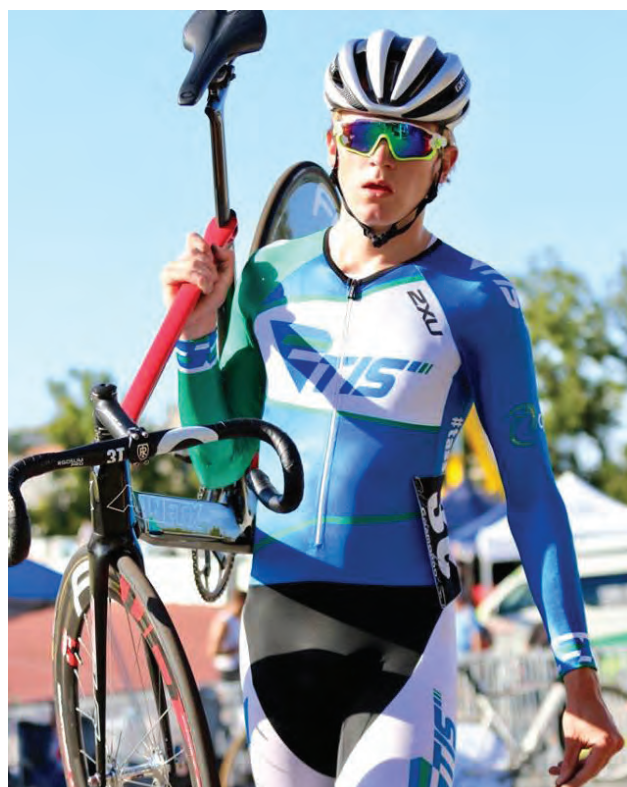
SPONSORS

Ronde, socks and gloves

Giant Bikes and St.LukesHealth are Associate Sponsors of the TIS Racing Team

PARTNERS

Cycling Australia
Cycling Tasmania



HOCKEY

The Hockey program started 2018-19 with two International Hockey Federation (FIH) Champions Trophy gold medals for Eddie Ockenden and Jeremy Edwards, in what was an extremely busy period. Jeremy scored a thrilling shootout goal in the final to win the tournament held in Breda, Netherlands.

In September 2018, Jack Welch made his senior debut for Australia, in the Darwin International Hockey Open. The Kookaburras won the gold and Jack scored in his second game versus Malaysia.

In December 2018 the Kookaburras, captained by Eddie Ockenden, travelled to India for the World Cup, where Eddie added a bronze medal to his collection. Josh Beltz also travelled with the team as a reserve.

In June 2019, the Kookaburras again became the number one ranked team in the world by winning the inaugural Pro League in Amstelveen, Netherlands. Eddie (Captain), Jack Welch and Josh Beltz played throughout the tournament which ran for five months in a home and away format.

Closer to home, in July 2018 six TIS athletes become the Men's Under 21 National Champions, with Jack Welch winning the Player of the Tournament award. Sam McCulloch also progressed to the 2018 National Junior Squad. Jack built on his strong u21 performances at the 2018 AHL which resulted in his selection in the 2019 Hockey Australia National Senior Squad. Hayden Beltz progressed to the 2019 National Development Squad joining associate scholarship holder Kieron Arthur.

We also added four nationally recognised Futures athletes to our list following strong performances at the male and female u18 Nationals in 2019.

The Hockey program continues to manage athlete loads including athlete education of the importance of recovery practices. The hockey program provides a range of individualised support services including massage, physiotherapy, psychological and nutritional advice to assist athlete progression, whilst placing importance on each athlete achieving a strong life balance and maintaining overall wellbeing. The program added Steven Welch as a coaching consultant to ensure we provided specific expert coaching for our goalkeeper athletes.

The individual performance plans, developed for each athlete, are an important resource to assist each athlete prioritise their progression throughout the year.

Athletes maintain a high standard of compliance to the AMS/TISLink reporting system that now emphasises sessional monitoring adopted from Hockey Australia's protocol.

We continue to support athletes who gain National Futures Squad selection, as well as identified athletes competing at national championships.

PROGRAM HIGHLIGHTS

- Eddie Ockenden and Jeremy Edwards won gold at the 2018 Champions Trophy, Breda, Netherlands.
- Hayden Beltz, Gobin Gill, Linden McCarthy, Sam McCulloch, Oliver Smith, and Jack Welch – 2018 National u21 Men's Champions.
- Jack Welch and Kieron Arthur represented Australia A in 2018 in a 5-match series versus Malaysia - Perth, WA.
- Eddie Ockenden, Josh Beltz and Jack Welch, silver – 2018 Darwin International Hockey Open.
- Eleven TIS athletes played in the Tassie Tigers Men's AHL team in October 2018.
- Two TIS athletes played in the Van Demons Women's AHL team in October 2018.
- Eddie Ockenden, bronze – 2018 FIH World Cup, Bhubaneswar, India.
- Hayden Beltz and Sam McCulloch represented Australia (u21) in a two-match series versus Chile in Melbourne.
- Phillida Bridley, Josh Brooks, Evie Dalton and Ewan Vickery were selected as part of Hockey Australia's Recognised Futures Group, post the u18 Nationals held in Hobart.
- Phillida Bridley, Henry Chambers, Gobin Gill, Sam McCulloch, Oliver Smith and Ilene Carr (Coach) attended the NTC Challenge in Canberra, May 2019. Steve Welch attended as an invited Goalkeeper Coach.
- Sam McCulloch selected to represent Australia and attend the 8 Nations u21 tournament held in Madrid, Spain.
- Eddie Ockenden, gold – FIH Pro League, Amstelveen, Netherlands.



INTERNATIONAL STATISTICS

Eddie Ockenden – Caps 354, Goals 69

Jeremy Edwards – Caps 60, Goals 3

Josh Beltz – Caps 38, Goals 3

Jack Welch – Caps 8, Goals 2

NTC HEAD HOCKEY COACH

Andrew McDonald

ATHLETES

Hayden Beltz	Josh Beltz
Phillida Bridley	Josh Brooks
Maddison Brooks	Henry Chambers
Evelyn Dalton	Jeremy Edwards
Gobin Gill	Julia Gunn
Ruby-Rose Haywood	Kurt Mackey
Linden McCarthy	Sam McCulloch
Eddie Ockenden	Ewan Vickery
Jack Welch	Kieron Arthur*
	<i>Associate Athlete</i>

ATHLETE SERVICE PROVIDERS

Annabelle Anderson (Physical Preparation)

Ben Scarlett (Sports Science)

Stewart Pither (Athlete Wellbeing & Engagement)

Juliana Lisboa (Nutrition)

Emma Harris (Sports Psychology)

Lydia Black (Sports Psychology)

TRAINING VENUES

Tasmanian Hockey Centre, New Town

Launceston Hockey Centre, St Leonards

PARTNERS

Hockey Tasmania

Hockey Australia



HOCKEY TDS



The Talent Development Squad (TDS) hockey program remains a joint partnership between the TIS and Hockey Tasmania. Athletes participate in weekly squad and individual trainings, testing sessions, as well as tactical and holistic development sessions.

The 2018-19 reporting period was another positive phase of training and competition for TDS hockey athletes. Strong individual performances from Evie Dalton and Ewan Vickery at the 2019 u18 nationals saw them selected in Hockey Australia's Recognised Futures Squad. Maddison Brooks had another excellent individual performance at the u15 girls nationals and she was awarded the championship Most Valuable Player for the second consecutive year. As a result of their individual performances all three athletes transitioned to TIS High Performance Scholarships.

Tyler McDonald had a strong individual performance at the School Sport Australia (SSA) Championships and was rewarded with selection to the SSA 2018 national team.

At the beginning of 2019, two athletes were provided Talent Development Scholarships - Ewan Vickery and Harvey Bessell. Three more athletes commenced Talent Development Scholarships after strong performances at the u18 nationals in April - Ashby Bingham, Tyler McDonald and Max Larkin.

During the reporting period, 48 athletes were involved with the program.

PROGRAM HIGHLIGHTS

- Ewan Vickery, Evie Dalton and Maddison Brooks transitioned to the 2019 TIS High Performance Scholarship program.
- Hockey Australia Recognised Futures Squad selection, April 2018 – Evie Dalton and Ewan Vickery.
- Tyler McDonald was selected in School Sport Australia's 17 and under team to tour Europe in May 2019.

ATHLETES

Ruby Bayley	Harvey Bessell
Ashby Bingham	William Boyce
Maddison Brooks	Taylor Brooks
Lauren Canning	Madison Clark
Josh Commins	Angus Cooper
Chloe Cooper	Lucy Cooper
Evie Dalton	Lucy Eade
Ben East	Emma Fenner
Milo Gee	Ruben Hoey
Zayna Jackson	Braden Johnson
Keenan Johnson	Max Johnson
Romani Kenworthy	Isabelle Kruimink
Max Larkin	Meah Leary
Magnus McCausland	Ellie McDonald
Tyler McDonald	Matthew Murphy
Joe Murphy	Jenifer Phillips
Raeleigh Phillips	Sam Porteus-Smith
Oliver Pritchard	Oscar Pritchard
Emily Rockefeller	Sophie Rockefeller
James Shepherd	Joe Short
Laura Spandler	Livinia Sproule
Aiden Van Staden	Camila Vaughn
Ewan Vickery	Georgia Williams
Emily Withington	Tyler Wolfe

EMERGING TALENT SCHOLARSHIP HOLDERS

Harvey Bessell	Ewan Vickery
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TDS HOCKEY COACH

Ilene Carr

REGIONAL COACHES

Craig McCarthy (North West)
Brett Withington (North)

TRAINING VENUES

Tasmanian Hockey Centre, New Town
McKenna Park Regional Hockey Centre, Burnie
St Leonards Hockey Complex, Launceston

PARTNER

Hockey Tasmania

ROWING



The TIS Rowing program operates with Rowing Australia and Rowing Tasmania to deliver the Tasmanian State Pathway Program.

The program, now in its third year of operation, has continued to strengthen throughout the 2018-19 year. The TIS has built a strong working relationship with Rowing Tasmania to ensure effective coaching and development opportunities for all athletes within the Tasmanian rowing pathway.

The Tasmanian State Pathway Program enables the TIS Rowing program to provide identified Tasmanian athletes with access to services appropriate to their performance level, as well as access to high-level coaching, equipment and competition support.

The TIS Rowing program supports Tasmanian athletes at three levels. The entry level of support is the Talent Squad. The top ranked athletes within this squad are offered a higher level of support through Talent Development Scholarships. The TIS Rowing program also offers High Performance Scholarships with these athletes receiving the highest level of support.

The program operates out of four primary locations using the TIS New Town Bay Rowing Centre and the Huon Rowing Club in the South of Tasmania and the North Esk and Tamar rowing clubs in the North. Athletes in the North West are serviced out of the Mersey and Ulverstone Rowing Clubs.

PROGRAM HIGHLIGHTS

- Sarah Hawe, silver medal – Woman's Coxless Four, 2018 Rowing World Championships.
- Ciona Wilson, bronze medal – Woman's Eight, 2018 Rowing World Championships.

HIGH PERFORMANCE ATHLETES

Jack Barrett	Rebecca Bye
Matthew Byrne	Sarah Hawe
Eleni Kalimnios	Oliver Marsden
Wilson Mure	Georgia Nesbitt
Alec Paterson	Conner Ryan
Lucas Wigston	Ciona Wilson
Joseph Wilson	Alexandra Wrigley
Henry Youl	Eve Mure

TALENT DEVELOPMENT ATHLETES

Sarah Ashlin	Amy Bain
Lars Gillingham	Luke Haas
Kate Hall	Tyler Mason
Hannah Tippet	

TRAINING AGREEMENT ATHLETES

Finnian Colley

TALENT SQUAD ATHLETES

Danny Barrett	Amelia Chilcott
Sam Hall	Isabelle Higgins
Katie King	Annaliese Mackie
Mollie McCausland	Meg Messer
Sam Mounter	Lucy Southcott
Tom Verney	

HEAD ROWING COACH

Brett Crow

ROWING PERFORMANCE COORDINATOR

Brendan Long

SUPPORT COACHES

Trevor Barrett	John Driessen
Paul Newbon	Mark Stott
Neil Stump	Grant Pryor (Rowing Australia, State Talent Pathways Coordinator)

ATHLETE SERVICE PROVIDERS

Stewart Pither (Athlete Wellbeing & Engagement)
John Gregory (Sports Science/Biomechanics)
Pete Culhane (Physical Preparation)
Mitchell Bootes (Physical Preparation)
Kellie Wilkie (Physiotherapy)
Lia Giovanovits (Physiotherapy)

TRAINING CENTRES

Derwent River (from New Town Bay facility)
Huon River (Huon Rowing Club)
Tamar River (North Esk Rowing Club and Tamar Rowing Club)
Lake Barrington International Regatta Centre

SPONSORS

Motors Tasmania
Wintech Racing

PARTNERS

Rowing Australia
Rowing Tasmania

CANOE SLALOM



The TIS Canoe Slalom Elite Development Program is a three-way partnership between the TIS, Paddle Australia and Paddle Tasmania.

TIS canoe slalom athletes are provided with world class training environments throughout Tasmania and a range of expert TIS services including coaching, physiological testing, strength and conditioning, performance nutrition, performance psychology and athlete wellbeing and engagement services. The aim of the TIS canoe slalom program is to assist Tasmanian canoe athletes progress along the Paddle Australia high-performance pathway.

The program is overseen by coordinator Peter Eckhardt - an Olympian and former TIS scholarship holder.

PROGRAM HIGHLIGHTS

- Daniel Watkins and Kate Eckhardt were selected to compete at the 2018 u23 and Senior Canoe Slalom World Championships.
- Daniel Watkins, 6th – C1 2018 u23 World Championships.
- Kate Eckhardt, 5th – K1 Team event at the ICF Canoe Slalom World Championships (Senior event).
- Demelza Wall was selected to compete at the 2018 u23 World Championships.

ATHLETES

Kate Eckhardt
George Lazenby
Demelza Wall
Daniel Watkins

KEY PARTNERS

Paddle Tasmania
Paddle Australia

NETBALL EDS



The Netball Elite Development Squad (EDS) Program functions in a three-way partnership between the TIS, Netball Tasmania and Netball Australia. The program is overseen by Netball Tasmania with support from the TIS.

The EDS program offers Tasmania's elite netball athletes the opportunity to progress along Netball Australia's high-performance pathway. Athletes are offered a range of expert services from the TIS, including physiological testing, strength and conditioning, sports nutrition, sports psychology and personal excellence services.

PROGRAM HIGHLIGHTS

- Kelsie Rainbow promoted to the Collingwood Magpies (Suncorp Super Netball) Training Partner and co-captain with the Tasmanian Magpies (Australian Netball League).
- Shelby Miller was also part of the Tasmanian Magpies leadership setup in the role of Vice Captain.

ATHLETES

Bianca Brohier	Jess Byers
Zoe Claridge	Ella Cooney
Alanna Cooper	Jess Earney
Tayla Griffin	Maddi Hay
Zanna Jodlowska	Emma Johns
Kendall Jones	Hannah Lee
Hannah Lenthall	Ella Marsh
Hayley McDougall	Shelby Miller
Hayley Older	Kaitlin Petrie
Dannielle Pickett	Gemma Polley
Ashleigh Probert-Hill	Grace Pullen
Piper Sanders	Megan Steele
Jamie Symons	Courtney Treloar
Alexandra Vinen	Montana Viney
Charlotte Wheller	

ASSOCIATE ATHLETE

Kelsie Rainbow

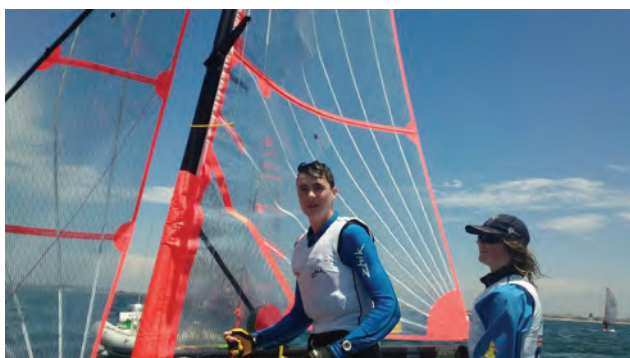
UMPIRES

Eloise Fox	James Adams
Leah Turnbull	Rachael Stebbings

KEY PARTNERS

Netball Tasmania
Netball Australia

SAILING



The TIS Sailing program is a partnership between the TIS and Australian Sailing, supported by Sandy Bay Sailing Club.

The program is coordinated by the TIS who also deliver the off-water components of the program. All on-water coaching is delivered by Rohan Langford and Lizzi Rountree.

In March 2019 Talent Development Scholarships were introduced as part of the program structure.

TIS sailing athletes are provided with a training environment on the Derwent River in Hobart plus a range of expert TIS services including coaching, physiological testing, strength and conditioning, sports nutrition, sports psychology and athlete wellbeing and engagement services. The aim of the TIS sailing program is to assist Tasmanian sailing athletes to progress into the Australian Sailing Team.

PROGRAM HIGHLIGHT

- Dervla Duggan, Alice Buchanan, 9th place – 2018 Youth Sailing World Championships.

HIGH PERFORMANCE SCHOLARSHIP ATHLETES

Adele Auchterlonie	Alice Buchanan
Jock Calvert	Dervla Duggan
Chloe Fisher	Jasmin Galbraith
Rupert Hamilton	Sam King
Oscar O'Donohue	Fynn Sprott

TALENT DEVELOPMENT SCHOLARSHIP ATHLETES

Ethan Gailbraith	Charlie Goodfellow
Thomas Nikitaras	Will Sargent
Charles Zeeman	

COACHES

Rohan Langford
Lizzi Rountree

KEY PARTNERS

Australian Sailing
Sandy Bay Sailing Club

SWIMMING



In partnership with Swimming Tasmania and Swimming Australia, the TIS supports the Swimming Tasmania Development Program.

The Swimming Tasmania Development Program forms part of Swimming Australia's Athlete Development Pathway. The program is overseen for Tasmania by the State Technical Director on behalf of Swimming Australia. The program aims to provide high performance opportunities to identified Tasmanian swimming athletes demonstrating potential for selection in national teams.

TIS support has three components:

- State Flippers Squad program activities.
- Targeted support to identified athletes considered 12 months off meeting the selection standard for the National Flippers Squad or SAL Para-Swimming Development Program.
- Individualised scholarships to athletes attaining National Flippers or SAL Para-Swimming Development Program and above.

ATHLETES

Mollie Bailey

Max Giuliani

Stephanie McCarthy

Arianne Titmus *Associate Athlete

Jacob Vincent *Associate Athlete

KEY PARTNERS

Swimming Tasmania

Swimming Australia



INDIVIDUAL ATHLETES



The TIS individual athlete program aims to provide Tasmanian elite athletes with the best possible opportunity to progress to the highest level in their chosen sport.

The TIS individual athlete program enjoyed significant success both nationally and internationally.

PROGRAM HIGHLIGHTS

- Jacob Birtwhistle won gold at the World Triathlon Series event in Leeds and in the mixed relay World Championship. His results earned him bronze in the overall World Triathlon Series standings.
- Kaitlyn Fassina won gold for weightlifting at the 2019 Arafura Games.
- Jacob Templeton achieved silver at the Pan Pacific Swimming championships in the 400m freestyle, 100m backstroke and 100m butterfly events.

SCHOLARSHIP ATHLETES

Kevin Faulkner (archery)
 Sarah Haywood (archery)
 Jacob Templeton (para swimming)
 Chris Symonds (sailing)
 Grace Cochrane (skateboarding)
 Tom Norton (canoe)
 Jacob Birtwhistle (triathlon)
 Kaitlyn Fassina (weightlifting)

Individual athlete assistance is another mechanism to support Tasmanian athletes once selected to compete for Australia at an international benchmark event. The individual athlete assistance program can also be a stepping-stone to a high performance scholarship in the individual athlete program.

ASSISTED ATHLETES

Will Clarke (cycling)
 Tyler Heron (skeleton sliding)

KEY PERFORMANCE INDICATORS

The Tasmanian Institute of Sport's primary objective is to assist athletes to achieve success on the national and ultimately international stage.



KPI 2018-19	TARGET	RESULT
TIS athletes that achieved finals and/or top 8 results at benchmark international sporting events	17	20
Number of National Team selections achieved by TIS athletes	60	66
Number of TIS coaches and specialist staff involved in national squads or teams	-	9



STRATEGIC PLAN

OUR VALUES

- ◆ TEAMWORK
- ◆ INTEGRITY
- ◆ EXCELLENCE

OUR PURPOSE

To provide leadership and high quality performance services to Tasmania's talented athletes and coaches to assist them to compete successfully on the international stage.

OUR PRINCIPLES

- ◆ Performance driven
- ◆ Athlete focussed
- ◆ Coach led
- ◆ Sport engaged

OUR VISION: THE TIS IS HIGHLY VALUED FOR ITS CONTRIBUTION TO TASMANIA'S SPORTING SUCCESS

Strategic priorities 2018-19

1

PERFORMANCE

Deliver

High Quality Coaching

Provide innovative and responsive

Sports Science

Strength and Conditioning

Sports medicine

Physical therapies

Initiate

Athlete Wellbeing and Engagement program

Talent Identification Development project

Prioritise

Competition opportunities that progress performance

2

PARTNERSHIPS

Strengthen relationships

National sporting organisations/state sporting organisations/professional sporting clubs

University of Tasmania

Education establishments

Sports medicine practitioners

Engage with

Communities Tasmania

State Government

Local government

Corporate clients

Contribute to

National Institute Network

3

RESOURCES

Support

Athlete Wellbeing "whole person"

Capable administrators

Expert coaches

Knowledgeable scientists

Pursue

Contemporary facilities, training environments and equipment

Explore

Technology and performance innovation opportunities

Seek

Investment in new opportunities

4

PROCESS

Review

Organisational structure and operations

Continuously Improve

Efficiency of ICT systems, framework and infrastructure

Effectiveness of TIS communication process

Meet

WH&S requirements

Quality Assurance standards

COMMONWEALTH ATHLETE HONOUR ROLL

The Tasmanian Institute of Sport is proud to have supported many athletes in pursuing their Commonwealth dreams. The following athletes have been supported on their journey to the Commonwealth Games.

2018 COMMONWEALTH GAMES – GOLD COAST

Lucas Walker	Basketball (Gold)
Amy Cure	Cycling (Gold x 2)
Jeremy Edwards	Hockey (Gold)
Eddie Ockenden	Hockey (Gold)
Rebecca Van Asch	Lawn Bowls (Gold x 2)
Arianne Titmus	Swimming (Gold x 3, Silver)
Jake Birtwhistle	Triathlon (Gold, Silver)
Hamish Peacock	Athletics (Silver)
Kaitlyn Fassina	Weightlifting (Silver)
Jack Hale	Athletics
Danni McConnell	Athletics
Stewart McSweyn	Athletics
Huw Peacock	Athletics
Sam Walker	Athletics
Georgia Baker	Cycling

2014 COMMONWEALTH GAMES – GLASGOW

Eddie Ockenden	Hockey (Gold)
Amy Cure	Cycling (Silver, Bronze)
Hamish Peacock	Athletics (Bronze)
Huw Peacock	Athletics
Nick Cooney	Boxing
Jackson Woods	Boxing
Jenna Myers	Weightlifting

2010 COMMONWEALTH GAMES – DELHI

Eddie Ockenden	Hockey (Gold)
Clint Freeman	Archery
Luke Jackson	Boxing
Luke Woods	Boxing
Belinda Goss	Cycling
Aaron Frankcomb	Squash
Jenna Myers	Weightlifting

2006 COMMONWEALTH GAMES – MELBOURNE

Matthew Wells	Hockey (Gold)
Kim Walker	Hockey (Gold)
Hollie Grima	Basketball (Gold)
Matthew Goss	Cycling (Silver)
Mark Jamieson	Cycling (Silver)
Donna MacFarlane	Athletics (Bronze)
Luke Jackson	Boxing (Bronze)
Tristan Thomas	Athletics
Sid Taberlay	Cycling – Mountain Bike

2002 COMMONWEALTH GAMES – MANCHESTER

Daniel Geale	Boxing (Gold)
Matthew Wells	Hockey (Gold)
Bianca Langham	Hockey (Bronze)
Natasha Hardy	Karate (Bronze)
Chantal Castledine	Judo

1998 COMMONWEALTH GAMES – KUALA LUMPUR

Susan Andrews	Athletics (Gold)
Bianca Langham	Hockey (Gold)
Daniel Sproule	Hockey (Gold)
Kylie Risk	Athletics (Silver)
Mandy Giblin	Athletics

1994 COMMONWEALTH GAMES – CANADA

Tim O'Shannessey	Cycling (Gold, Bronze)
Melissa Carlton	Swimming (Gold)
Paul Wiggins	Athletics (Bronze)
Andrea Hughes	Athletics
Brendan Hanigan	Athletics
Simon Hollingsworth	Athletics
Aaron Everett	Boxing
Justann Crawford	Boxing

1990 COMMONWEALTH GAMES – AUCKLAND

Ron Laycock	Weightlifting (Gold x 2, Bronze)
Susan Andrews	Athletics (Silver)
Chris Bacon	Judo (Bronze)
Gail Luke (Millar)	Athletics

CHAMPIONS CLUB



TIS athletes make a significant contribution to the development of elite sport in Tasmania through their performances and interaction with the sporting and general community.

The TIS considers it appropriate that exceptional athletes who have made an outstanding contribution to the TIS and consistently achieved at the highest level of their sport, be publicly recognised by the TIS at the completion of their international sporting career.

The TIS Champions Club was established to recognise these exceptional athletes, with the first Champions Club inductions taking place in 2006. To qualify for membership, athletes are assessed against a criteria based on their involvement with the TIS, their conduct and their performance.

Once inducted, athletes are invited to all TIS functions and their attendance at these events is acknowledged. These athletes hold the honour of life-long recognition of their contribution to the TIS and serve as role models for current athletes.

TIS CHAMPIONS CLUB MEMBERS

Darren Balmforth	Rowing
Sam Beltz	Rowing
Justin Boocock	Canoe Slalom
Scott Brennan OAM	Rowing
Simon Burgess	Rowing
Melissa Carlton	Swimming
Daniel Collins	Canoe - Sprint
Tim Deavin	Hockey
Anthony Edwards	Rowing
Dana Faletic	Rowing
Hollie Grima	Basketball
Belinda Goss	Cycling
Matthew Goss	Cycling
David Guest	Hockey
Stephen Hawkins	Rowing
Kate Hornsey	Rowing
Bianca Langham	Hockey
Nick Rogers	Yachting
Daniel Sproule	Hockey
Matthew Wells	Hockey
Paul Wiggins	Athletics

ATHLETE OF THE YEAR

The Seven Tasmania Tasmanian Athlete of the Year recognises outstanding performance based on the athlete's performance at international level, their contribution to their sport and to the Tasmanian sporting community.



2018	Jake Birtwhistle	Triathlon
2017	Rebecca Van Asch	Lawn Bowls
	Sarah Hawe	Rowing
2016	Matthew Bugg	Sailing (para)
2015	Amy Cure	Cycling
2014	Eddie Ockenden	Hockey
2013	Richie Porte	Cycling
2012	Daniel Geale	Boxing
2011	Matthew Goss	Cycling
2010	Eddie Ockenden	Hockey
2009	Amy Cure	Cycling
2008	Scott Brennan	Rowing
2007	Ricky Ponting	Cricket
2006	Hanny Allston	Orienteering
2005	Kate Hornsey	Rowing
2004	Matthew Wells	Hockey
2003	Dana Faletic	Rowing
	Kerry Hore	Rowing
2002	Mark Jamieson	Cycling
2001	Matthew Wells	Hockey
2000	Simon Burgess	Rowing
	Darren Balmforth	Rowing
1999	Simon Burgess	Rowing
	Darren Balmforth	Rowing
1998	Bianca Langham	Hockey
1997	Simon Burgess	Rowing
1996	Daniel Sproule	Hockey
1995	Nick Rogers	Sailing
1994	Daniel Collins	Canoe – Sprint

OLYMPIC AND PARALYMPIC ATHLETE HONOUR ROLL

The Tasmanian Institute of Sport is proud to have supported many athletes in pursuing their Olympic and Paralympic dreams. The following athletes have been supported on their journey to the Olympic and Paralympic Games.

2016 OLYMPIC GAMES – RIO

Hamish Peacock	Athletics
Georgia Baker	Cycling
Amy Cure	Cycling
Richie Porte	Cycling
Tim Deavin	Hockey
Eddie Ockenden	Hockey
Scott Bowden	Mountain Bike
Kerry Hore	Rowing
Meaghan Volker	Rowing

2016 PARALYMPIC GAMES – RIO

Deon Kenzie	Athletics (Silver)
Matt Bugg	Sailing (Silver)
Jacob Templeton	Swimming

2012 OLYMPIC GAMES – LONDON

Tristan Thomas	Athletics
Adam Gibson	Basketball
Luke Jackson	Boxing
Jackson Woods	Boxing
Amy Cure	Cycling
Matthew Goss	Cycling
Tim Deavin	Hockey (Bronze)
Eddie Ockenden	Hockey (Bronze)
Sam Beltz	Rowing
Scott Brennan	Rowing
Anthony Edwards	Rowing
Dana Faletic	Rowing
Tom Gibson	Rowing
Kerry Hore	Rowing
Kate Hornsey	Rowing (Silver)

2012 PARALYMPIC GAMES – LONDON

Todd Hodgetts	Athletics (Gold)
Matt Bugg	Sailing

2008 OLYMPIC GAMES – BEIJING

Donna MacFarlane	Athletics
Hollie Grima	Basketball (Silver)
Mark Jamieson	Cycling
David Guest	Hockey (Bronze)
Eddie Ockenden	Hockey (Bronze)
Matthew Wells	Hockey (Bronze)
Stephanie Grant	Judo
Sam Beltz	Rowing
Scott Brennan	Rowing (Gold)
Anthony Edwards	Rowing
Tom Gibson	Rowing
Kerry Hore	Rowing
Kate Hornsey	Rowing
Brendan Long	Rowing

2008 PARALYMPIC GAMES – BEIJING

Dominic Monypenny	Rowing
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2004 OLYMPIC GAMES – ATHENS

Matthew Wells	Hockey (Gold)
Sid Taberlay	Mountain Bike
Simon Burgess	Rowing (Silver)
Scott Brennan	Rowing
Dana Faletic	Rowing (Bronze)
Kerry Hore	Rowing (Bronze)
Brendan Long	Rowing
Cameron Wurf	Rowing
Simmone Morrow	Softball (Silver)

2000 OLYMPIC GAMES – SYDNEY

Daniel Geale	Boxing
Daniel Sproule	Hockey (Bronze)
Matthew Wells	Hockey (Bronze)
Darren Balmforth	Rowing (Silver)
Simon Burgess	Rowing (Silver)
Craig Walton	Triathlon

2000 PARALYMPIC GAMES – SYDNEY

Clayton Johnson	Athletics
Melissa Carlton	Swimming (Silver, Bronze)

1996 OLYMPIC GAMES – ATLANTA

Simon Hollingsworth	Athletics
Kylie Risk	Athletics
Justin Boocock	Canoe - Slalom
Daniel Collins	Canoe - Sprint (Bronze)
Tim O'Shannasse	Cycling (Bronze)
Daniel Sproule	Hockey (Bronze)
Simon Burgess	Rowing
Scott Goodman	Swimming (Bronze)

1996 PARALYMPIC GAMES – ATLANTA

Leroi Court	Athletics (Bronze)
Paul Wiggins	Athletics
Melissa Carlton	Swimming (Gold, Silver, Bronze)

1992 OLYMPIC GAMES – BARCELONA

Susan Andrews	Athletics
Simon Hollingsworth	Athletics
Gail Luke (Millar)	Athletics
Justann Crawford	Boxing
Daniel Collins	Canoe - Sprint
Peter Eckhardt	Canoe - Slalom
Chris Bacon	Judo
Stephen Hawkins	Rowing (Gold)

1988 OLYMPIC GAMES – SEOUL

David Connor	Sailing
Gary Smith	Sailing
Ron Laycock	Weightlifting

NOTES



